

Dialectical Behavior Therapy Diary Card										Name: _____		Filled Out in Session? Y N		How Often Did You Fill Out? ___ Daily ___ 2-3x ___ 4-6x ___ Once		Last Day Filled Out: Month ___ Year ___ Day ___	
Circle Start Day	Highest Urge To:			Highest Rating for Each Day			Drugs/Medications					Actions			Emotions	Optional	
	Commit Suicide 0-5	Self-Harm 0-5	Use Drugs 0-5	Emotion Misery 0-5	Physical Misery 0-5	Joy 0-5	Alcohol # What?	Illegal Drugs # What?	Meds. as Prescribed Y/N	p.r.n./Over-the-Counter Meds. # What?	Self-Harm Y/N	Lied #	Used Skills* 0-7				
MON																	
TUE																	
WED																	
THUR																	
FRI																	
SAT																	
SUN																	

  

Med. Change This Week		<b>*Used Skills</b> 0 = Not thought about or used 1 = Thought about, not used, didn't want to 2 = Thought about, not used, wanted to 3 = Tried but couldn't use them 4 = Tried, could do them but they didn't help 5 = Tried, could use them, helped 6 = Automatically used them, didn't help 7 = Automatically used them, helped			
Homework Assigned and Results This Week:					
		Urges to:	Coming into Session (0-5)	Belief I Can Change or Regulate My:	Coming into Session (0-5)
		Quit Therapy		Emotions	
		Use Drugs		Actions	
		Commit Suicide		Thoughts	

Skills Focus This Week: \_\_\_\_\_

DBT Diary Card		Filled out this card? ___ Daily ___ 2-3x ___ 4-6x ___ Once ___ In session		Check skills; circle days skill was practiced											
<b>Mindfulness</b> WISE MIND Observe: Just notice Describe: Put words on, just the facts Participate: Enter into the experience Nonjudgmentally One-mindfully: Present moment Effectively: Focus on what works	MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Interpersonal Effectiveness</b> DEAR MAN GIVE FAST Walked the middle path; Dialectics Validation Strategies to change behavior	MON	TUE	WED	THUR	FRI	SAT	SUN
	MON	TUE	WED	THUR	FRI	SAT	SUN								
	MON	TUE	WED	THUR	FRI	SAT	SUN								
	MON	TUE	WED	THUR	FRI	SAT	SUN								
	MON	TUE	WED	THUR	FRI	SAT	SUN								
	MON	TUE	WED	THUR	FRI	SAT	SUN								
	MON	TUE	WED	THUR	FRI	SAT	SUN								
	MON	TUE	WED	THUR	FRI	SAT	SUN								
	MON	TUE	WED	THUR	FRI	SAT	SUN								
	MON	TUE	WED	THUR	FRI	SAT	SUN								
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	MON	TUE	WED	THUR	FRI	SAT	SUN								
	MON	TUE	WED	THUR	FRI	SAT	SUN								
	MON	TUE	WED	THUR	FRI	SAT	SUN								
	MON	TUE	WED	THUR	FRI	SAT	SUN								
	<b>Emotion Regulation</b> CRISIS SURVIVAL STOP skill Pros and cons TIP Distracted Self-soothed Improved the moment Radical acceptance REALITY ACCEPT Half-smiling, Willing Hands Willingness, Mindfulness of Current Thoughts	MON	TUE	WED	THUR	FRI	SAT		SUN	<b>Distress Tolerance</b> CRISIS SURVIVAL STOP skill Pros and cons TIP Distracted Self-soothed Improved the moment Radical acceptance REALITY ACCEPT Half-smiling, Willing Hands Willingness, Mindfulness of Current Thoughts	MON	TUE	WED	THUR	FRI
MON		TUE	WED	THUR	FRI	SAT	SUN								
MON		TUE	WED	THUR	FRI	SAT	SUN								
MON		TUE	WED	THUR	FRI	SAT	SUN								
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MON		TUE	WED	THUR	FRI	SAT	SUN								

**FIGURE 4.1.** Front (top) and back (bottom) of a DBT diary card. The entire back half of the card is used in skills training sessions; the front half is used in individual therapy except for the "Used Skills" column, which is also employed in skills training. Should be printed on 4" x 6" card stock (front and back).